



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>10 MAY</b> <b>SIRCLE SOCCER COMPETITION</b> <b>1PM</b> Track in front of Main Fitness Ctr FMI call 228-0022	<b>1</b> <b>SERVICES EXPO</b> 9am-2pm Variety of Demos & displays <b>SWIM FOR LIFE @</b> Indoor Pool, swim 25 miles by 31 May FMI call 228-0015	<b>2</b> <b>BODYFAT MEASUREMENT</b> by appt only @ Main Fitness Ctr FMI call 228-0022	<b>3</b> <b>STRONGEST AIRMAN COMPETITION</b> -3pm @ Haeffner  <b>HAWC FITNESS FIESTA</b> 11am-1:30pm @ HAWC FMI call 228-2294	<b>4</b> <b>MSG PICNIC</b> @ Bama Park 7am-5pm  <b>MAY FITNESS RUN</b> 5K Run @ Sunglow Rd 6:45am	<b>5</b> <b>YOUTH BASKETBALL CAMP @ Haeffner</b> 8am-5pm FMI call 228-0022 or 228-3714
<b>6</b>	<b>7</b> <b>WEIGHT MGMT Support Group</b> 12:15-1:15pm @ HAWC FMI call 228-2294 <b>HAWC GET FIT &amp; STAY FIT @ Haeffner</b> Every M/W/F 11AM-noon FMI call 228-2294	<b>8</b> <b>CIRCUIT TRAINING CLASS</b> 2-3pm @ Main Fitness Ctr FMI call 228-0022 <b>HAWC CROSS FIT WORKOUT @ Main Fitness Ctr</b> TUE/THUR 4-5pm FMI call 228-2294	<b>9</b> <b>3 ON 3 BASKETBALL TOURNEY</b> 5-9pm @ Main Fitness Ctr FMI call 228-0022 <b>HAWC KICK THAT BUTT GOODBYE!</b> @ HAWC 9 May-20 Jun 5-6:30pm FMI call	<b>10</b> <b>LIGHTNING FAST SWIM MEET</b> 8-10am @ Indoor Pool FMI call 228-0015  <b>HAWC GET FIT &amp; STAY FIT @ YC</b> 6-7pm FMI call 228-2294	<b>11</b> <b>LIGHTNING FAST TRACK MEET</b> 100, 200, 400 and 800 yd dash & 4X400 @ Base Track, 7am FMI call 228-0022	<b>12</b> <b>ADULT/YOUTH TRIATHLON @</b> Base Track 6:30am FMI call 228-3714
<b>13</b>	<b>14</b> <b>TWO PERSON TEAM JUMP ROPE COMPETITION @</b> Main Fitness Ctr 2-3pm FMI call 228-0022	<b>15</b> <b>MR V'S FULL DECK FITNESS WORKOUT @</b> Main Fitness Ctr 2-3pm FMI call 228-0022	<b>16</b> <b>FITNESS CENTER EQUIPMENT ORIENTATION</b> 8-9am/1-2pm @ Main Fitness Ctr FMI call 228-0022	<b>17</b> <b>9 ON 9 WATER POLO TOURNAMENT @</b> Indoor Pool 4-6 pm FMI call 228-0015 <b>PEDOMETER MARATHON CHALLENGE @ YC</b> 6-7 pm FMI call 228-8844	<b>18</b> <b>TEEN WATER AEROBICS @ Indoor</b> Pool 6-7pm Ages 13-18 FMI call 228-0015	<b>19</b> <b>ARMED FORCES DAY BIKE RALLY</b> 6am  <b>YOUTH CENTER AMERICA'S KIDS RUN @</b> Base Track, 8am FMI call 228-8844
<b>20</b>	<b>21</b> <b>WEIGHT MGMT SUPPORT GROUP</b> 12:15-1:15pm @ HAWC FMI call 228-2294	<b>22</b> <b>SQUADRON MINI OLYMPICS @ Main</b> Fitness Ctr 8-10am FMI call 228-0022 <b>WATER AEROBIC SESSIONS @ Indoor</b> Pool 5:45-6:45pm Ages 7-12 yrs old FMI call 228-0015	<b>23</b> <b>SQUADRON DODGEBALL COMPETITION</b> 5-9pm @ Main Fitness Ctr FMI call 228-0022	<b>24</b> <b>CARDIO CHALLENGE @</b> Main Fitness Ctr 10-11am FMI call 228-0022	<b>25</b> <b>ACC FAMILY DAY</b>	<b>26</b> <b>MEMORIAL DAY WEEKEND</b>
<b>27</b>	<b>28</b> <b>MEMORIAL DAY</b>	<b>29</b> <b>BODYFAT MEASUREMENT</b> Main Fitness Ctr By appt only FMI call 228-0022  <b>SQUADRON PEDOMETER MARATHON CHALLENGE</b> 0900-1000 Main Fitness Ctr	<b>30</b> <b>HAWC REST, RELAXATION &amp; READINESS @</b> HAWC 1-2pm FMI call 228-2294	<b>31</b> <b>6 MILE TEAM RELAY/ MAY FITNESS MONTH FINALE</b> 6:30am, Sunglow Rd FMI call 228-0022  <b>KICK BOXING @ YC</b> 6:45-7:45pm		